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Bangalore Mirror

TEMP Max 26 | Min 15 | Humidity 79% Generally cloudy sky Sensex 61,337 | Nifty 18,269 | Gold 54,325 | Silver 67,655 | Dollar 82.73 | Euro 87.65 | GBP 101.47

City's thirst for tender coconut has piles of discarded nut shells ending up in landfills

GET THE SHELL OUT

200 TPD unit costing Rs 8.7 cr for processing organic liquid, cocopeat, pellets

| Melvin Mathew
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TWEETS @BangaloreMIRROR

The Bengaluru Solid Waste Management Limited has a new solution to the tender coconut shells piling up in the city. The civic body is planning to set up a dedicated tender coconut processing unit in the city and shall develop three different by-products from it.

Especially during summer, Bengalureans consume tender coconut water from street vendors. The coconut shells are then dumped across the city. Mostly, the discarded shells end up in landfills and do not contribute to the circular economy,

Now, BSWML is planning to establish a new 200 TPD (Tonnes Per Day)-capacity coconut processing unit at an estimated cost of Rs 8.7 crore. At the unit, tender coconuts will be shredded, squeeze screened, pulverised, and pelleted to form three products — organic liquid, cocopeat and pellets.

CONTINUED ON PAGE 8 »

"Under PPP, we will select agency to run plant; agency will supervise tech, machinery, operations and maintenance — BSWML official

What's going on at Millers Road?

Absurdity of 5 bus shelters at one spot

PAGE 4

TATA POWER SOLAROOF | INDIA'S NO. 1* SOLAR ROOFTOP COMPANY

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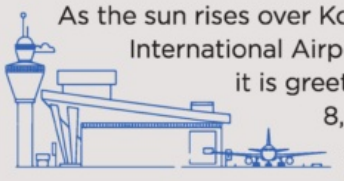
EVERY MORNING, A BRIGHTER FUTURE TAKES OFF FROM KOCHI AIRPORT.



As the sun rises over Kochi International Airport, it is greeted by 8,472 solar panels spread across 20,000 square metres, eager to harness its energy.

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*Source: Bridge to India, July '21 - Jun '22

3 THINGS TO DO

01 Creative fun

If you are into art and craft, then this is for you! Grab the opportunity to visit the 21st edition of the Bengaluru Dastkar Bazaar this month. The exhibition brings crafts from various Indian states, promoting several artists. You would find 130 plus craft groups, entrepreneurs and 60 plus exhibitors. Find works like tribal Godna art, Kutchi embroidered leatherwork, traditional Phulkari embroidery, Kinauri shawl weaving and more.
Where: Jayamahal Palace Hotel
When: December 21- 27; 10:30 am to 8:30 pm

02 Rock on!

Get ready to enjoy the performance by Behram Siganporia, Hemanth Diwakaran, Steve Rajan and Abhilash EK. The band is all set to rock the stage at one of the popular cafes in the city. Hard Rock is also completing its 15th anniversary this December. The band has performed over 500 covers in over 45 cities in the world.
Where: Hard Rock Cafe, St Marks Road
When: Saturday, December 24; 9 pm onwards

03 Cakes and carols

Wholesome experience for everybody at city's Mantri mall this December. Celebrate Christmas by grabbing your favourite food at the Food Festival and enjoy events themed Winter Marvel. The event would get various performances like carols, instrumental music, a magic show and more.
Where: Mantri Square, Malleswaram
When: Till December 25; 4 pm onwards

Reeking havoc: Volunteers get to work at govt school

Clean-up job at plot that had turned dump yard for cowshed; children, teachers can now eat lunch peacefully without a stench hanging in the air

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For the around 120 students and five teachers of the Government Lower Primary School at Mylasandra, it used to be impossible to have lunch on the school premises.

The reason was the stench from stagnated cow urine and accumulated dung that had been dumped at a vacant spot near the school building.

However, thanks to the volunteers of the Citizen Participation Programme that was launched by the Bruhat Bengaluru Mahanagara Palike (BBMP) in August 2021, they can finally breathe easy. The volunteers have cleaned up the area for now.

"It was very difficult for the students and teachers to have lunch due to the unhygienic conditions around the school building.

We appreciate the volunteers and the BBMP marshal and pourakarmikas for cleaning the muck that was here for a quite long time," said Government Lower Primary School headmaster Narayana.

A piece of vacant land adjacent to the school building had been converted into a dump yard for garbage and cow dung generated from a nearby cowshed.

"I have appealed to the owner of the cowshed to ensure cleanliness around the school building and he has agreed to keep the place clean," he added.

A teacher from the school told Bangalore Mirror that the surrounding was in dire need of cleanliness as it was difficult for school teachers and children to bear the stench from the vacant plot.

"The other problem is that the cow urine is being let into the drain between the cow shed and the school building. With no one cleaning the drain, odour from the drain is making life miserable for the students," she said.

Volunteers of the citizen participation programme, launched by BBMP, cleaned the school surroundings in Mylasandra

"We cannot expect kids to focus on studies and parents to choose this school if the surroundings are not clean –Vadiraj, volunteer

"I am very happy to be part of the team that cleaned the vacant land adjacent to the school building. We cannot expect children to focus on studies and parents to choose this school for their children if the surroundings are not clean," said Vadiraj, a volunteer of the Citizen Participation Programme.

According to Chaitanya Subramanya, a home-maker who also volunteered for the programme, the volunteers have been beautifying garbage spots in and around Mylasandra.

"We have been cleaning spots like these every Saturday for 30 weeks. My husband, who is a software engineer, has also been participating in cleaning programmes whenever he is free. We have successfully cleaned the vacant space full of cow dung and garbage," she said.

The volunteers also organised a programme at the school on the importance of segregation.

Is your child suffering from Crohn's disease?

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While many children end up with frequent tummy upset issues, there has also been an increase in cases of inflammatory bowel disease (IBD) that the children are being diagnosed with.

As parents are becoming more aware of diseases these days, they tend to recognise the problem that their child has been facing and are getting them checked by health professionals. Through this, many such cases of IBD are being tracked and traced by health professionals.

Children with IBD get severe belly pain and diarrhea, and other symptoms like blood stools, weight loss and fever. It can even result in the stunted growth of the child. There can be two types of IBD, Crohn's disease, wherein the bowel wall gets sore and swollen, and the other is ulcerative colitis, where ulcers occur at the lining of the colon.

Many tend to mistake the initial symptoms for stomach infection. However, through early diagnosis and better examination by health professionals, doctors are able to pick up such cases at an early stage.

Recently, a nine-year- old complained of recurrent loose bloodstains over the last 2-3 months, weight loss and abdominal cramps. The doctors performed blood tests and a colonoscopy. Upon examination, TB was ruled out and the doctors are suspecting it to be Crohns disease in her.

"Children get IBD predominantly following a viral/bacterial infection as a trigger that causes an inflammatory reaction to the intestinal wall," said Dr Sujatha Thyagarajan, Sr Consultant – Paediatrics, Aster RV Hospital.

"Certainly, the awareness for early referral and detailed evaluation has led us, clinicians, to pick up IBD in children early. We are seeing children above 9 years, and adolescents where we are diagnosing IBD," she added.

According to Dr Lavenya R Padmanaben, Consultant- Pediatric Gastroenterology, Rainbow Children's Hospital, Marathahalli, maintaining healthy eating habits, good behaviour and lifestyle will help to reduce the risk of IBD.

"Avoiding intake of increased quantities of saturated fats, refined sugars, and highly processed foods is of paramount importance," she said.

Fee hike in govt engg colleges shatters dreams

In 2 yrs fee hiked by ₹15,000, will be forced to drop out, say students

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Engineering and architecture students from government and aided colleges are protesting the sudden hike in fees. In the last two years, fees have been hiked by Rs 15,000, claimed students' organisation AIDSO.

Lakhs of students, especially those from economically backward sections, are aggrieved by the decision to increase fees at engineering colleges. Students are threatening to drop out of college if left with no other choice.

As compared to last year, fees for General Merit seats have been increased by Rs 5,000. In the fee structure, issued by the Karnataka Examinations Authority for 2022-2023, fees have been increased to Rs 38,200 from Rs 33,810 of 2021-2022. Additionally, there is a nearly Rs 4,000 increase in Supernumerary quota (SNQ), SC/ST (Above 10 lakh), and CAT-1(Income below Rs 2.5 lakh) categories as well. All three categories will have to pay Rs 21,700 from this year.

Even unaided colleges will see a significant increase in fees. Fees under GM will have been hiked by Rs 8,000, Cat-1 by nearly Rs 7,000 and SNQ by nearly Rs 3,000.

A second-year electrical engineering student told BM that two years back the fee was Rs 19,000. "My parents are farmers from Raichur and they have been barely managing to pay my fees. This sudden jump by Rs 5,000 is not affordable for students from middle-class families. If, year by year, fees are increased, students from villages will stop coming to government colleges. Students who drop out will be forced to take up daily-wage work. Left with no choice, we will be forced to drop out," he said.

Fee has been hiked by Rs 5,000 for general merit seats in engineering courses

> **If fees are increased in this manner year by year, it will be difficult to attend college. If fees start edging closer to private colleges, what is the difference?**
> –First-year Computer Science student

Students say that they have no plans of taking educational loans to study in government colleges.

Another student said that three years back college fees were around Rs 23,000 and now it's Rs 38,200. "If fees are increased in this manner year by year, it will be difficult to attend college. If the fees start edging closer to private colleges, what is the difference? Additionally, we are also not getting SST scholarships properly," said a first-year Computer Science student.

AIDSO Is planning to protest on December 22 at Freedom Park.

On the fee hike, Apoorva of AIDSO, said, "Fees in government colleges are being constantly hiked. In the past, fee hikes were brought into force by seeking student opinions or announcing them in public. However, this time even this step was avoided. We are calling it an undemocratic move and will protest."

Hunt for Karnataka's talent

VK Navatare, a one-of-a-kind beauty pageant and talent hunt for college students is back, and if you're one of those who wants to shine on the ramp, this is your moment! In fact, VK Navatare is the one and only beauty pageant and talent hunt conducted for college students by VK (Bangalore Mirror's sister concern and number one newspaper in Karnataka). The fifth edition of VK Navatare has begun and if you are yet to enrol, here's your chance right now. VK Navatare is an excellent platform for all the college girls aiming for a career in TV, films and entertainment in general. The participants and winners of the previous editions have made it big in their respective. VK Navatare as it is one of the most trustworthy beauty pageants and talent hunt and one of its kind conducted by a newspaper in Karnataka. Currently, auditions are being held at Bengaluru, Mysuru, Mangaluru, Hubballi, Belagavi, Davanagere and Kalaburagi. The entry is completely free. After auditions at regional levels, the finale will be held at Bengaluru. So, don't miss this golden opportunity and enrol now.

> **VK Navatare is a prestigious event and I waited for two years to prepare and participate. It has given me a great platform. It has boosted my morale and confidence and opened up a number of career opportunities**
> – Manushree, VK Navatare 2021 winner

The participants of VK Navatare-5 may bag a chance to act in Star Suvarna Channel *(Conditions Apply)

HOW TO ENROLL

Students studying in Karnataka's colleges in the age group of 18 to 23 are eligible. The interested students can send their personal biodata along with photos (both closeup and a full-size photo) along with a self-introductory video. The profiles should include necessary details: name, address, college name, class details, and parents' names along with a copy of the college identity card. The details can be sent on WhatsApp 8880852240. The last date for entry is December 20, 2022.

Auto drivers in no mood to share space with e-bike taxis

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With e-bike taxis all set to roll out in Bengaluru, auto driver unions are gearing up for a protest in a few days. Unions plan to meet Chief Minister Basavaraj Bommai to request withdrawal of licence to this service.

Auto unions in the city are miffed by the Transport Department's decision to give licences to e-bike taxis for meeting last-mile connectivity. Different auto unions conducted a meeting on Saturday and expressed their displeasure against the decision.

Previously, auto unions had raised objections to other petrol-based bike taxis like Rapido and Uber on grounds of operating illegally under whiteboard registration.

File photo of auto rickshaw drivers' protest in the city

Just a week back, the Transport Department had decided to issue a licence to Wicked Ride Ltd to run e-bike taxis in the city under Karnataka Electric Bike Taxi Scheme, 2021, and it was expected to be granted in three days. However, they are yet to receive the licence.

Manjunatha, President of Adarsh Auto Union said told BM, "We are opposing this move by the Transport Department. Previously, the department had announced that Rapido is operating illegally and now another company has been given a licence to operate e-bike taxis. With a legalised taxi service operating in the field, it will become difficult for us to operate. We do not receive any relief from the state government despite our losses. We will be approaching the CM to request to withdraw the licence."

Auto drivers question the relevance of auto rickshaws with e-bikes meeting last-mile connectivity at a lower cost.

Another auto driver union member claimed that as per Central Government orders, the scheme was supposed to be for electric rickshaws, not e-bikes. "We have already raised an objection to the licence issuance to the transport secretary and commissioner regarding this. We are fine if the service is extended to three-wheelers rickshaws with covered tops meeting last-mile connectivity up to 5 km," said TM Rudramurthy, General Secretary of Auto Rickshaw Drivers Union.

However, as per Karnataka Electric Bike Taxi Scheme, 2021, the licence is to be issued for running electric bikes to meet last-mile connectivity of up to 10 km.

855 student suicides in Karnataka

Recent cases of suicide by students aspiring for career in Medicine or Engineering in Kota (Rajasthan) - the coaching hub of the country - may have triggered debates over the tough competition and the unending pressure, but, these are not isolated incidents.

There are numerous instances from across the country where students with the desire to excel in their academic career, have decided to end their lives. Centralised data on suicide released by the National Crime Records Bureau (NCRB) showed that the number of students' deaths by suicide has increased in the recent years. With a total of 13,089 cases of suicide by students, the latest data shows that compared to 2020, the number increased by nearly 4.5 per cent in 2021. Nearly half of them were reported from the five states -- Maharashtra, Madhya Pradesh, Tamil Nadu, Karnataka and Odisha.

According to the data, of total suicides committed by students, 14.0 per cent were reported in Maharashtra (1,834) followed by 10.0 per cent in Madhya Pradesh (1,308), 9.5 per cent in Tamil Nadu (1,246) and 6.5% in Karnataka (855). While the report doesn't mention any specific reasons behind suicides, it said that 'failure in examination' was one of the reasons. – IANS

Problem of plenty: Five bus shelters at 1 spot

Residents question bizarre logic of infra along Millers Road; demand the removal of at least two shelters, but no civic body is willing to take action

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People often get confused while choosing the right bus shelter for boarding buses on Millers Road as there are five to choose from; Many also miss their bus as they have to make a run for it at the last-minute

While citizens have been demanding proper bus shelters at various spots in Bengaluru, at Millers Road, opposite to Ambedkar Bhavan, there are five bus shelters in the same place.

Meanwhile, the residents of the area have been asking for the removal of two bus shelters along the stretch. Millers Road was recently developed by Bengaluru Smart City Limited (BSCL) with a wider road, a new footpath and underground utility lines.

For a year, the residents have been asking the BSCL to help in the removal of the bus shelters. However, BSCL stated that the structures come under the Bruhat Bengaluru Mahanagara Palike (BBMP) and did not consider their request.

Subsequently, the residents even complained to the BBMP; but nothing's been done so far.

The main reason for asking for the removal of bus shelters is that one of the bus shelters is fully outside the bus bay and is located very close to the traffic signal; another bus shelter is jutting out partially from the bus bay.

According to Rajkumar Dugar, a member of Citizens for Citizens (C4C), three shelters are more than enough in the area.

"Many people are not aware of which shelter to stand at. If they stand at bus shelter three, sometimes the buses tend to stop at bus shelter two and people have to rush to the second bus shelter. This is causing a lot of problems for the public," he added.

> **"If people stand at bus shelter three, sometimes the buses tend to stop at bus shelter two and then they have to rush to the second bus shelter**
> -Rajkumar Dugar, C4C

"BSCL has coordinated with various departments like Bangalore Water Supply and Sewerage Board (BWSSB), Bangalore Electricity Supply Company Limited (BESCOM) and BBMP for development of roads. Similarly, they could help the residents with this problem as well," Dugar explained.

Neha T, a resident of Vasanth Nagar, told Bangalore Mirror that too many shelters are causing problems, especially for senior citizens.

"As the buses do not stop at one single shelter, senior citizens have to move from one shelter to another depending on where the vehicles stop," she said.

"Moreover, the bus routes are not indicated at the shelters; doing so will help the people to stay at specific shelters. Some of the shelters here are hardly used and can be shifted by the BBMP to suitable spots where shelters are required," she added.

Highway potholes taking a toll

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Potholes remain one of the top causes of accidents in the city

The Bruhat Bengaluru Mahanagara Palike (BBMP) is often blamed for not filling potholes as those hollows in the road remain one of the top causes of accidents in the city. However, recent data shows that the national highways (NHs) in the state are no better when it comes to managing potholes.

As many as 103 people have lost their lives in the state due to pothole related accidents on NHs. Surprisingly, the pothole deaths have nearly doubled. In 2020, 36 people died on NHs and the toll rose to 67 in 2021. Overall, in the country, 3,564 people have died in 2020 and 3,625 in 2021 due to potholes.

"The data shows that the roads are built of inferior quality. While we Bengalureans rue the fact that the BBMP fails to provide us proper roads despite paying property tax, on the other hand, the national highways are in poor condition despite paying toll," said Sandeep R, a student.

"Usually, vehicles cruise at higher speeds on the NHs and it will become very difficult to negotiate a pothole. The centre should immediately take steps of blacklisting the concessionaire where the road stretch is not maintained well," he added. Shanti Reddy, a homemaker, told Bangalore Mirror that the year 2022 can be remembered as how BBMP has failed to maintain its promise of providing good roads.

"We have been hearing deadlines after deadlines that the city will be free of potholes. Every time the BBMP has reasons for not meeting the deadline, they always blame the rainfall," she said. "The recent Mandous brought drizzle and light to moderate rainfall. Even in those areas where the asphalt was done, potholes have resurfaced and this exposes the shoddy work done by BBMP," she added.

In a recent Lok Sabha reply, Union Transport Minister Nitin Gadkari said that the centre has taken initiatives to explore technological solutions, including those powered by Artificial Intelligence, to reduce road mishaps.

"We have implemented an electronic Detailed Accident Report (e-DAR) application, a central repository for reporting, management and analysis of road accident data to undertake timely interventions for improving road safety across the country," he said.

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In hot oil

Nandini Layout

Roadside food-vendors at Nandini Layout fry items in hot boiling oil right on the road on a daily basis. This is very dangerous for people going past them.

Blocked scenes

Jayanagar

Building materials were dumped on the pavement blocking pedestrians' way on either side of 33rd Cross, 4th Block Jayanagar.

No parking

Banaswadi

Private vehicles parked opposite Ayyappa temple, Maruthi Sevanagar and Uttam Sagar in Banaswadi are blocking traffic.

Accused is a rooster crowing at ungodly hours

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In a strange case, a resident of JP Nagar has complained to the police regarding his neighbour's rooster.

The man even took to social media to express his exasperation due to the constant crowing of the rooster.

"We are not able to sleep well at night due to the crooning of the neighbour's rooster. It starts at 3 am and is creating a lot of trouble for my family and me," said the man.

He also added that his two-month-old child was unable to sleep due to the noise. A complaint has been lodged with the police to take appropriate action.

Month after husband's suicide, woman kills self

A 24-year-old woman is said to have died by suicide. The deceased, Soundarya, was widowed after her husband committed suicide a month-and a-half ago. The police said that the incident took place in Ramaiah Layout when no one else was at the house.

The woman's husband Dhananjay is said to have been cheated of 10 lakh in his business. This incident, according to the police, drove Dhananjay first, to depression and then to suicide. The tragic death of Soundarya is supposed to be fuelled by the pain of separation from her husband. The couple also has a one-and-a-half-year-old son. The case has been registered at Kadugodi police station.

Ex-employee turns bike thief

The police have arrested two people, including an ex-employee of a company for stealing two-wheelers from the company.

According to the police, the accused used to work for VOGO bike company. He was aware of the company's security system. He had left the company eight months ago and later was approached by a friend who gave him the idea to steal bikes from there.

Accordingly, the two of them worked together to make a plan and identified the company's parking places and disconnected the GPS system on the bikes.

They would then steal the bikes and sell them in rural areas of Bengaluru.

According to the police, 61 scooters worth Rs 55 lakh were seized from the accused.

Hit-and-run

One person has died in a hit-and-run accident on the highway near Dabaspet in Nelamangala Taluk.

The man, who was crossing the road, was hit by a car and died on the spot. The accident was captured on the CCTV camera. A car speeding towards Tumakuru from the city hit the 26-year-old Sabulal and the driver escaped without stopping the car.

TOO LITTLE, TOO LATE:

Why Memu is not getting on track

Only 2,000 passengers availed of service since its launch in July; experts note trains are low on punctuality

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The five pairs of Mainline Electric Multiple Units (Memu) trains started by South Western Railway (SWR) over four months ago are still reeling under pressure due to low patronage. As per the latest ridership data, a little over 2,000 passengers have availed of the Memu service to the airport since it was launched on July 29.

The service was used by 595 passengers in August, 363 in September, 494 in October, 457 in November and 198 passengers till December 14.

Rail activists say the prime reason behind this poor show is a lack of punctuality and a few additional services.

"Punctuality, in the case of Memu service, has remained poor consistently. It is as though SWR is not at all bothered about timing. We monitored the train timings for 10 weeks between October 3 and December 10 and calculated the punctuality rate of the five pairs of trains from the city to KIA. We also factored in +/- 2 mins as acceptable tolerance. The punctuality rate of trains reaching the airport station from the city turned out to be 2% and the punctuality rate of the trains leaving the airport station for the city was recorded to be 47%," said Rajkumar Dugar, founder, Citizen for Citizen (C4C).

> **"SWR should run Memu trains on time to build confidence with citizens. Apart from that, the officials must also consider increasing the frequency by extending the service on Mysuru-Bengaluru route up to Devanahalli**

Experts point out that the punctuality of the trains leaving the airport is impacted due to delays caused while crossing the Channasandra - Baiyyappanahalli single track.

Owing to the abysmal performance, experts say there is no point in running the services in the present format. They opine that SWR should consider making suitable changes to the services in terms of routes, timings, frequency, etc. to cater to hundreds of commuters who can be benefited.

"The ridership data clearly shows that even after months of operation, BIAL has not succeeded in persuading even 0.1% of its employees who go to (and return from) the airport daily. We have requested Railways to focus on providing local commuter rail services including to the airport in a Ring&String system. If implemented with high reliability and punctuality, we believe this system can provide a huge benefit to 2 Crore people residing in Bengaluru and surrounding towns," said Dugar.

BangaloreMirror
Slow coaches: Trains to airport running on empty
Only 15 takers on average for MEMU daily; activists say punctuality & lack of stops an issue

BM has been reporting on poor patronage to the trains

Agreed Sanjeev Dyamannavar, a rail activist. According to Dyamannavar, apart from improving punctuality, SWR should also focus on introducing additional services in the morning and evening to Chikkaballapur from the city centre and vice-versa.

"SWR should Run memu trains on time to build confidence with citizens. Apart from that, the officials must also consider increasing the frequency by extending the service on Mysuru- Bengaluru route up to Devanahalli. Short distance services such as Devanahalli - Yelahanka service can be replaced with Whitefield-KR Puram- Devanahalli or Yeswantpur – Devanahalli routes to increase the number of takers. Last but not the least, BIAL should encourage its staff to use this service," said Dyamannavar.

Take police nod to host Xmas, NYE parties

To host a Christmas or New Year's party in the city, you must first get permission from the police, Bengaluru Police Commissioner CH Pratap Reddy said on Sunday.

The police issued an order of a list of instructions to the party organisers in an effort to prevent any unfavourable incidents during and after the festivities.

The directive was given following a coordination meeting with representatives of hotels, clubs, and other party organisers, said the police.

Assuring an appropriate deployment of security personnel for the gathering is another request made to the party organisers. For the protection of women and children, female security personnel must be hired, said the police.

According to police, the security personnel will receive training on how to behave well with the party participants. -BMB

2 security guards murdered

The brutal murders of two security guards were uncovered on Sunday. The victims, identified as Kariappa and Bahadur, were guards at a house in Koramangala 6th Block. It is said that robbers who wanted to loot the house killed the guards. According to the police, the murder allegedly took place when the house-owner, Rajagopal Reddy and his family were out attending an event. Initially as Bahadur was missing, the police suspect that he was behind the murder. But later Bahadur's body was found in the water tank. The police said that the accused were absconding.

"The case is still under investigation and without an estimation of the stolen items, the best course for us currently is to nab the accused," said the police.

Cosy canines: No stray shall be left out in the cold here

Group of animal lovers makes beddings with jute and cotton for dogs in Yelahanka

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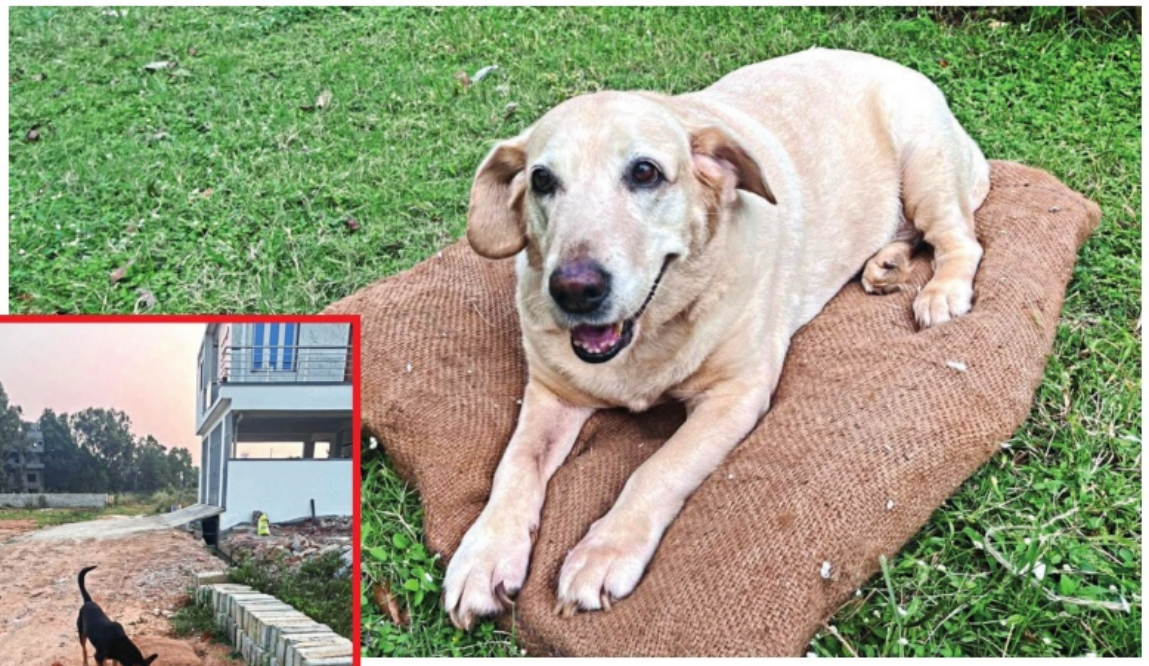


The volunteers put the beddings in areas where many stray dogs stay. When they followed up later, they saw the strays were using the beds

Winter has arrived and most of us want to snuggle up under a warm blanket. While we take all the measures to keep ourselves warm, our furry friends on the streets have no option but to suffer in the cold. Now, a group of volunteers is trying to ensure that does not happen. They are making sure stray dogs have a warm winter this year.

In Yelahanka, the volunteers are providing the dogs with bedding made out of jute bags filled with cotton. Such warm sleeping pads are being put in places where many dogs are found.

The effort began after some volunteers saw dogs in the localities shivering in the cold. They sourced empty gunny bags that can hold up to 25 kg of rice from Yeshwantpur and ordered cotton at KR market to fill up the gunny bags and make beds for the dogs. So far, around 80 bags have been provided to the dogs in Yelahanka.

Shruthi Rathnakar, founder of Save Animal Foundation, said, "Jute bags are considered to be warm and are affordable and easy to source. The overall material cost of one jute bedding is around Rs 200. The cost of one jute bag is Rs 40 and cotton cost Rs 90 for 1.5 kg. We then pay for the transportation of bags and cotton. The cotton is put inside the jute bag to make it warm for the dogs and it is then stitched using a jute thread so that the dogs do not tear it down easily. We have some workers who stitch the bags and give them to us and we pay them a nominal amount. So, the total cost goes up to Rs 200 per bedding."

Rathnakar pointed out that initially, they had planned to buy the dogs warm beds, however they decided against it as they would be stolen. "Last month we got water bowls and put them in different localities for the stray dogs. But when we went there after a week to check, most of the bowls had disappeared. So we decided to go for jute bags. The idea is to provide a warm space for the dog," she said.

The volunteers initially carried out a survey at Yelahanka, where they inspected locations where many dogs were present. In such areas, they made it a priority to supply the bags.

> **Last month we got water bowls and put them out for strays. When we went to check after a week, most of the bowls had disappeared**
>
> –Shruthi R, Save Animal Foundation

"At Singanayakanahalli, near Doddaballapur, we spotted many dogs and so we made around 20 jute cotton filled bags and put them in the locality. Similarly in other areas of Yelahanka we have put bags. We even went a week later to check if the bags were there and saw that all the bags were still there and many dogs were even using them. Watching them use the bed made us very happy. We usually put the beds at a corner side of the street so as to not cause any hindrance to the public as well," said Rathnakar.

The volunteers will even start a crowdfunding campaign which can help to make the beds and one can contact the foundation for donations. They are also spreading awareness to the public to help provide the strays with food and water.

What you can do

- Contact the nearest NGO if you find a dog in distress during winter
- Provide temporary shelter to them
- Give them food and water
- Make them mats with discarded sweaters or jacket on which they can sleep

'Proper policy on online gaming'

Union Minister Ashwini Vaishnaw on Sunday said the Centre would come out with a proper policy or a new law on online gaming given the impact it has on society.

During an interaction with reporters here, Vaishnaw, who holds the Railways, Communication and Information Technology portfolio, recalled that recently he had a meeting with the Information Technology Ministers of all the States, who were concerned over the effect of online gaming.

An MLA from the state had demanded a ban on such sites

"Every State has shown serious concern about the impact online gaming is having on society, particularly the addictive part of it -- people are getting addicted, people are weirdly exhibiting behaviour not within social norms, which is affecting harmony of society," Vaishnav said.

"That's why we have taken up a very serious consultation process with all stakeholders. We will be able to come up with a proper policy very soon which might even involve a new law or a regulation," he explained.

He also said the Centre is coming up with Data Bill and Digital India Bill. According to him, Data Bill has evoked good response and it will become a template for the world.

Regarding Digital India Bill, he said it is being drafted. **–PTI**

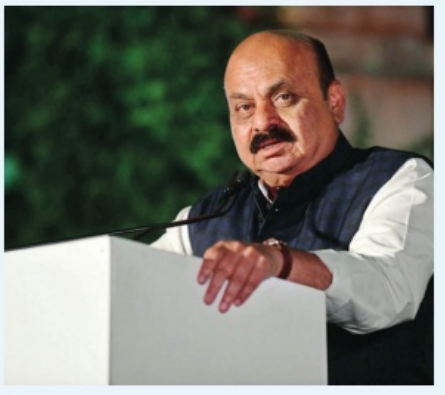
NOTES FROM THE FIELD

Foot-tapping show

Sudha Murthy is known for her simplicity and we have often seen her giving an inspirational lecture. But, during the recent 40th anniversary celebrations of Infosys, Sudha let her hair down in the company of well-known singer Shreya Goshal. As Shreya was singing hit Bollywood numbers, Sudha was seen encouraging the singer by dancing along.

Not a don's aide

An intense debate has been raging over the entry of rowdy elements to political parties. The opposition parties have been targeting the ruling BJP for giving entry to a few rowdy sheeters. The saffron party is countering the Congress by saying that the KPCC president DK Shivakumar was an associate of former underworld don Kothwal Ramachandra. Breaking his silence on the allegations, DKS told journalists that he was never an associate of Kothwal. "I made my debut in politics by contesting against former PM HD Deve Gowda. I have been an active student leader and have been in politics since 1980. It is wrong to equate me to be an associate of a former don," DKS said.



Breaking the jinx

For a long time, Chief Ministers would skip Chamarajanagar visit for fear of losing their post. This superstition began as then CM Veerendra Patil lost his post after a visit to Chamarjanagar. However, recently CM Bommai visited Chamarajanagar. When journos asked him how he mustered the courage to do so, Bommai said that he didn't believe in the jinx as he has visited the border district thrice since taking over as CM.

CM aspirations

As Karnataka goes to polls next year, there are many aspirants for the CM's post. During a recent programme chaired by Higher Education Minister Dr CN Aswath Narayan, many of his supporters raised slogans that Narayan was tipped to be the next CM. This surprised many and when journos quizzed Narayan, he said though he was not an aspirant for the CM's post, he could not stop the people's wishes as his supporters have expressed their wish and he had nothing much to say. **–Sridhar Vivan**

PHOTOS: KAUSHIK JN

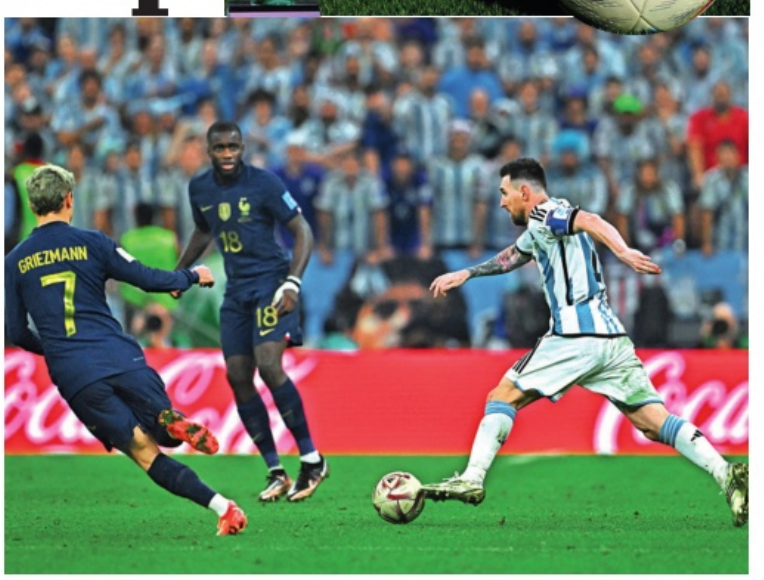
Messi mania in Bengaluru

It was the Argentinian great all the way for the city; clad in the Number 10 shirt, youngsters and old alike were glued to the big screen set up in a football ground in a nod to love and passion for the game

Over 500 football fans gathered to watch the World Cup final match of Argentina and France live on a big screen at the Austin Town football ground in the city. And from what we saw, we know whose side the audience was on!

Argentina clinches the cup

This is what we call a beautiful game. After Argentina goes to half time with a 2-goal lead, we were ready to declare them winners. But Mbappe had other plans... And so did Messi



Argentina's Lionel Messi in action with France's Antoine Griezmann

France's Kylian Mbappe scored twice in two minutes late in the game, including an 80th-minute penalty, to salvage a 2-2 draw with Argentina after 90 minutes and force extra time in the World Cup final on Sunday.

The Argentineans had struck through captain Lionel Messi and Angel Di Maria in the first half and were in complete control until Mbappe inspired a dramatic comeback for France, who had looked toothless for much of the game.

Earlier Argentina came out all guns blazing as captain Lionel Messi and Angel Di Maria's strikes gave Argentina a 2-0 lead in the first half.

Argentina led France 2-0 at half-time after Messi netted his sixth goal of the tournament and Angel Di Maria doubled the advantage from a thrilling counter-attack.

Lionel Messi's Argentina began the match on a positive note as Julian Alvarez was provided with a small opportunity to test Hugo Lloris. Alvarez came close twice in the first five minutes. The first time, the ball was passed by Di Maria to him very close to the Argentina goalkeeper. He was offside though but the next shot came from a distance three minutes later and that was straight at Lloris.

A fine move by Argentina saw Mac Allister finding an opportunity to shoot. His shot, however, went straight into the hands of France goalkeeper Hugo Lloris.

Messi with another excellent attacking contribution from midfield as he unleashed Angel di Maria, who dribbled into the box before lining up a shot for Rodrigo de Paul. The shot, however, was blocked.

Angel di Maria was brought down in the penalty box by Ousmane Dembele. Di Maria fell down inside the French box after Dembele's tackle. Lionel Messi made no mistake from the spot and beat France goalkeeper Hugo Lloris. A calm penalty from the Argentine to score his 6th goal of the World Cup and took Argentina 1-0 ahead in the 23rd minute of the game.

Angel di Maria made it two for Argentina as Mac Allister set up Di Maria for a brilliant finish in the bottom right corner and di Maria made no mistake in taking his team to a 2-0 lead in the 36th minute of the game.

In the 41st minute of the game, Olivier Giroud and Ousmane Dembele went off the field and Marcus Thuram and Randal Kolo Muani took their place. After all the drama, the World Cup final between France and Argentina went to 30 minutes of extra time with the score 2-2 where both Mbappe and Messi scored and the match was at 3-3, when we went to print. The final would in all probablity head to the penalty shootout. It was two goals by Mbappé toward the end of the second half that put the champions back in the game.

For fans on both sides, this was a treat like no other. The best side has already won -- that of football.

— Agencies

Shell yes! How tender is the nut!

CONTINUED FROM PAGE 1

Recently, BBMP floated the tender for the establishment of the unit, inviting bidding for a contract period of nine months. One-acre land has been proposed in Lakkasandra alongside.

A BSWML official told BM that within the city, tender coconut refuse is a big problem: "We want to make products out of the shells. We are constructing a 200 TPD tender coconut processing plant. Already, we have a plant in Mahadevapura and one in Freedom Park; however, these are small-capacity units. Under the Public Private Partnership (PPP) model, we will select the agency to run the plant. The agency will be responsible for bringing in the technology, machinery, operations and maintenance."

Talking about the use-case of by-products, the official said that pellets can be used for cooking. "If the shell is squeezed, the liquid can be used as fertiliser. Small pieces can be used to make coco peat. After removing the moisture, pellets can be made. Using a specialised stove, citizens can use the pellets to cook food akin to coal, as a substitute for gas and electric stove," he added.

However, the project is in a nascent stage; the BBMP is yet to figure out the logistics. They are yet to decide on how to get the tender coconut shells to the unit. Currently, tender coconut goes into Dry Waste Collection Centres; the agency running the Freedom park unit does its collection rounds from nearby places. Soon, BBMP is expected to decide on whether they will go with door-step collection or if the agency will be made responsible for collection as well.

Another side

Of the two units running in the city, BM spoke to the unit in KR Puram, Mahadevapura. The 20 TPD unit is run by SM Enterprises, from 2019.

"We had requested land from BBMP; but we did not receive any land from the civic body. We are processing 15-20 tonnes every day; we want to achieve a target of 50 tonnes a day.

A majority of our raw materials are coming from Maddur. However, we have not received the power to run the machinery for the past three years. The unit requires 75-100 HP of power. Currently, we are dependent on diesel for running the machinery.

The estimated operational cost of running the unit is Rs 20,000 per day. We are running on two-acre land and this itself is not sufficient for us. Previously, BBMP used to send tender coconut refuse to our unit; of late, it has stopped. "said Harshith Reddy, CEO, SM Enterprises.

According to Harshith, around 300 tonnes of coconut shell refuse is going to the landfill every day during the season; during off-season, it still goes up to 150 tonnes.

Amid border row, winter Assembly session begins

Starting Monday, for ten days the winter session of the state legislature is set for action in Belagavi, which is the centre of the dispute between Karnataka and Maharashtra.

With the Assembly polls due in April-May next year, this will be the last winter session in the northern Karnataka city for the present Bommai dispensation. Predictably, the BJP government plans to push crucial legislations while the opposition is waiting to corner it on several fronts, including corruption.

The BJP government is moving ahead with its plans to increase the Scheduled Caste reservation from 15 per cent to 17 per cent, and from 3 per cent to 7 per cent for the Scheduled Tribes exceeding the Supreme Court's 50 per cent cap on reservation.

Speaking to the media in Hubballi on Sunday, Chief Minister Basavaraj Bommai said, "The SC/ST Reservation Ordinance Replacement Bill is one among a set of Bills to be introduced in the session of the State Legislature at the Suvarna Soudha in Belagavi from tomorrow."

In all, six draft laws are slated to be discussed ahead of the approval. While four are new Bills, two had been tabled in the previous session in Bengaluru.

Meanwhile, the opposition parties are preparing to corner the government on the corruption issue, voter list data theft scam, the crumbling civic infrastructure in Bengaluru among others.

The recent auto rickshaw blast case in Mangaluru is also a major flashpoint that is expected to dominate the session proceedings. Especially after Congress state president D.K. Shivakumar alleged that the BJP government used the incident to divert public outrage from the Bengaluru voters list data scam.

The recent flare up of the border issue with Maharashtra, is expected to raise temperatures over the state government's handling of the issue.

Over the past 16 years, Suvarna Vidhana Soudha' -- the stately edifice -- has been the venue of Karnataka's winter session of legislature nine times. Constructed more as a symbol of the state's ownership of the border district which is claimed by Maharashtra, the Suvarna Vidhana Soudha remains idle for the entire year, except for around two weeks when the session convenes for the winter. **IANS**

Bengaluru FC bounces back

Bengaluru FC defeated Jamshedpur FC in the Indian Super League (ISL) on Saturday at the Sree Kanteerava Stadium thanks to a goal from Danish Farooq in the fifth minute.

Opportunities were present on both sides of the field but the Red Miners struggled inside the Bengaluru FC area and the Blues occasionally rattled the woodwork of the Jamshedpur FC side as per the ISL website.

The only alteration made by the hosts was the substitution of Parag Shrivas for Prabir Das. Three alterations were made by the guests. The most important of them all was the forced match in which Pratik Chaudhari was brought in to play against his old team in place of the suspended Peter Hartley. Jitendra Singh replaced Germanpreet Singh on the squad, which he had previously left.

Bengaluru FC scored their opening goal five minutes into the game. Before launching a ball early in the direction of Farooq, Roy Krishna ran down the right wing. From the edge of the area, the midfielder took a touch before putting it past the goalkeeper at the near post. **ANI**

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I, Reeti W/O, Pramod RM R/o #1562, 5th Stage, 1st Phase, BEML Layout, Rajarajeshwari Nagar, Bangalore-560098 have changed my name to Reeti Jain.

I, Laxmeesha Thekkatte Vadiraj S/o Vadiraj Thekatte Lakskhminarayana R/o No 56 Advitheeya JHCS Layout 4th Stage Vasudeva Nagar Gubbalala Bangalore, have changed my name to Laxmeesha Thekkatte Vadiraj Upadhya

I S Siva Kumar S/O, Subramanian R/o Flat No -2 Firstfloor, A Block, Sapphire Residency, Kereguddahalli, Abbigere, Chikkabanavara, Bangalore - 560090, have changed my name to Shivakumar S for all purposes.

I Shiv Hirenallur Kumarappa S/O, Kumarappa H N R/o Suvarnaakshara, #50/51, 4th Cross, Siddaramegowda Layout, Belagumba, Tumakuru 572104 have changed my name to Shivalingaswamy H K

I, Prabhamani, Aged 65 yrs W/o S. Devaraje urs R/o. #19, 1st Main 9th Cross, BSK 3rd Stage, 3rd Phase, 3rd Block, Blr-85, have changed my name to Prabhamani Devarajeurs for all purposes.

I, Chandrashekar K R/o #155, 10th Main Road, Tata Nagar, Sahakar Nagar PO, B'luru-560092 have changed my minor daughter name from Greeshma Chandrashekar to Gaanavi C for all purposes.

I Sumithra D/O, Vasudeva R/o #36, First Floor, 3rd Cross, Palm Spring Layout, Gubbalala Gate, Kanakapura Road, Bangalore have changed my name to Sumithra Vasudeva for all purposes

I Tabraz Khan S/O, Inayath Ulla Khan R/o No 624, 1st Cross, 1st Main Road, R K Hedge Nagar, Bengaluru - 560077 have changed my name to Tabrez Khan

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farnaz

HEALTH TIP: Root veg like beetroots are full of fibre which is beneficial for gut health and overall health – especially if you keep the skin on

Fennel seeds contain oils full of chemicals which encourage the production of digestive juices

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Fasting, feasting

Scientists offer advice on how to beat overeating

Christmas and New Year are holidays with dietary excesses that many of us cannot control. This often leads to the "festive bulge". As the holidays approach, could there be a recipe to contain this weight gain and pave the way to sustainable nutrition-based health at the same time?

There's a lot of focus on what we eat and how much we eat – but what about when we eat?

Chrononutrition is the science of how timing affects our responses to nutrients. Scientific insights into when we eat suggest it may be worth exploring for better health.

While the idea of getting started on chrononutrition over Christmas can sound challenging, the guilty conscience that tends to follow feasting over the holidays may provide the needed motivation for the year ahead.

So for better health in the new year, why not try out time-restricted eating (TRE)? TRE is a type of intermittent fasting: a person eats all their meals and snacks within a particular time window, ranging from six to 12 hours each day. This implies 12 to 18 hours of fasting.

More and more research suggests that this kind of timing may have a significant influence on our health via interplays between our body clocks and nutrition.

As researchers with a focus on circadian biology, we have identified the festive season as a suitable starting point for a lifestyle change to time-restricted eating.

What is chrononutrition?

The basic idea of chrononutrition is that the body's response to the timing of meals can promote well-being and health via the circadian timing system.

This timing system refers to the internal 24-hour mechanism that primes our bodies for the challenges and stimuli of the 24-hour day.

This includes when nutrients are likely to be consumed, how they are used within the body at a given time and how the body responds to them at a given time.

A rodent experiment in the 1930s led to a focus on counting calories and calorie-restricted eating.

This dietary restriction extended the lifespan of rats in this case. It was subsequently shown in a wide range of species.

The promise is large: if you eat less, then weight loss, better health and a longer life may follow.

The rodent experiment was followed by research into diets that foster health and prevent disease. Interest in "meal-timing, circadian rhythms and lifespan" was sparked by Franz Halberg (known as the father of American chronobiology), among others, in the 1980s.

These studies around food and behaviour take evolutionary considerations into account.

For instance, rodents gain fitness when fed in a time-restricted manner. In contrast, human behaviour tends to involve more erratic eating patterns during the hours when people are awake.

Lifestyle changes

So what practical advice can we give on the occasion of Christmas and New Year from the 2017 Nobel Prize-winning field of chronobiology?

The field gained recognition for its discoveries into how internal clocks organise our physiology and enable us to live in harmony with the external rhythms of day and night.

Findings from this field point to a simple lifestyle change: limiting when you eat to eight to 10 hours a day could protect you from developing obesity, or even lessen the negative health impacts of existing obesity.

And time-restricted eating can work even if practised for only five days per week.

Importantly, if you can reduce a long habitual eating window (for instance, 15 hours) to a time-restricted eating window of eight hours, you are likely to benefit more than someone who reduces a habitual eating window of 10 hours to eight hours. Reductions in eating-time windows have already been found to help some overweight humans lose weight, sleep better and feel more energised.

Granted, much of the evidence comes from animal studies – and humans are certainly not big mice.

Nonetheless, there have been no reports of detriments to this practice in humans. However, there has been one report of possible disadvantages to offspring in a pregnant animal model of time-restricted eating.

Late breakfast and early supper Why not try what some studies suggest and start time-restricted eating over Christmas, or put it on your New Year's resolution list?

To get started, consider having a late breakfast and an early dinner. Of course, if in doubt about the impact of time-restricted eating – or if you have medical or dietary restrictions, or are pregnant – talk to your doctors first for advice.

Beyond paying attention to calorie intake and food composition, "when we eat" is a relatively simple and potentially sustainable approach.

-Thomas C Erren, Philip Lewis and Ursula Wild, University of Cologne for The Conversation

MIRRORLIGHTS

Find out which factors are linked to optimal ageing

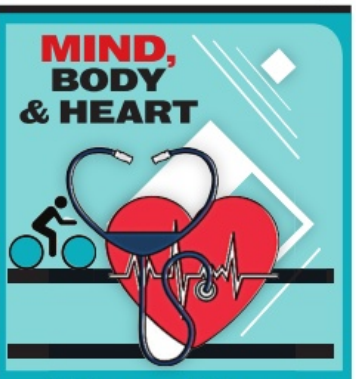
What aspects of "successful" or ideal ageing contribute to it? In a recent study, the factors influencing well-being as we age were identified by following more than 7,000 Canadians in their middle and senior years for around three years.

They found that those who were female, married, physically active, and not obese as well as those who never smoked, had higher incomes, and were free from insomnia, heart disease, or arthritis were more likely to maintain excellent health throughout the course of the study and were less likely to encounter debilitating cognitive, physical, or emotional issues.

At the beginning of the roughly three-year study period, the researchers chose volunteers who were in outstanding health as a baseline.

This included the absence of memory problems or chronic disabling pain, freedom from any serious mental illness and absence of physical disabilities that limit daily activities -- as well as the presence of adequate social support and high levels of happiness and life satisfaction.

"We were surprised and delighted to learn that more than 70 per cent of our sample maintained their excellent state of health across the study period," says the first author, Mabel Ho, a doctoral candidate at the University of Toronto's Factor-Inwentash Faculty of Social Work (FSW) and the Institute of Life Course and Aging. "Our findings underline the importance of a strength-based rather than a deficit-based focus on ageing and older adults. The media and research tend to ignore the positive and just focus on the problems." —ANI



All problems solved

Dear Coleen

I'm a 29-year-old woman and I got together with my husband, who's 18 years older, about five years ago. I didn't think about the age gap when we started dating, mostly because he's been young at heart. We had our daughter three years ago. However, over the past couple of years, my feelings have changed towards him. I found him attractive at the start of our relationship but, if I'm honest, I was most attracted to the fact he was reliable, steady and kind. When we met, I'd recently come out of an emotionally abusive relationship and he had all the qualities I desperately wanted in a partner.
But the sexual side of things has died and that's down to me because he just doesn't turn me on in that way any more.
I feel so guilty, but I don't want to have sex with him and I know that means our marriage is probably over because I'm too young to give up that part of my life. I'm really agonising over my next move. Please help.

COLEEN SAYS

As upsetting as it is to end a relationship when you still really care for your partner, you can't stay with him because he's reliable and kind. It's not enough, especially at your age.
It sounds as if you jumped into the marriage too quickly because you were in quite a vulnerable place.
Look, I won't lie, it's scary to make the decision to leave a marriage and leap into the unknown, especially when you have a child to consider. But in the long run it's harder to be in an unhappy marriage.
And it would be awful if you stayed out of guilt, then ended up having an affair. You need to start the ball rolling by admitting to your husband how you feel. I also think it might be a good idea to have relationship counselling.
Good luck.
—Coleen Nolan, Daily Mirror

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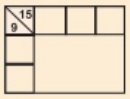
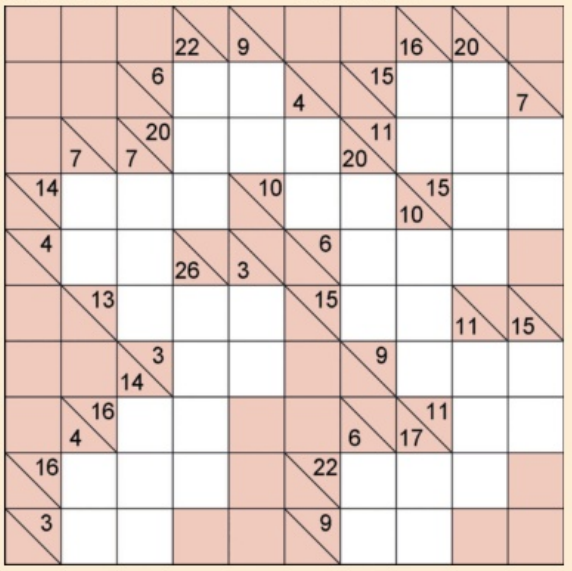
Kakuro

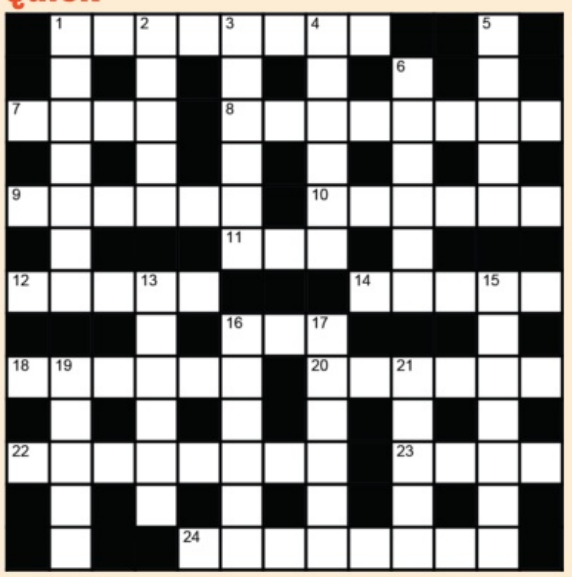
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Decelerate (4,4)
7 Not kosher (4)
8 Third order (8)
9 Pungent plant (6)
10 Disinter (6)
11 Wool weight (3)
12 Horse controls (5)
14 Not flexible (5)
16 Scoundrel (3)
18 Largest of the grasses (6)
20 A mass departure (6)
22 National park between Mysore and Ooty (8)
23 Large book (4)
24 Non-heretical (8)

DOWN

1 Turn up (7)
2 Waste parts, carcass trimmings of food animals (5)
3 Find out (6)
4 ___ out : Exercised (6)
5 Watery part of blood (5)
6 Intelligently aware; trendy (4,2)
13 Not any person (6)
15 Puzzle, bewilder or stun (7)
16 Maker and repairer of casks or barrels (6)
17 Scarcity or want (6)
19 Call at sea to stop (5)
21 Chose or selected (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS G

CDV JHZYLPZBHT, ZQB DIHT FPT ZD FYI FPVX, YX ZD KVB-WBIZ ZQBL DEEJVVYIN YI ZQB CYVXZ KHPEB.

Linemaro

You are so cute, I want to throw a rainbow at you

Mindchow

Most men go to the grave with the song still in them

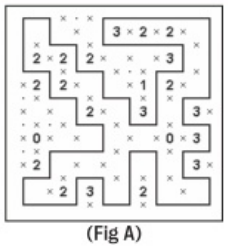
Joke of the day

On the other hand ... you also have five fingers

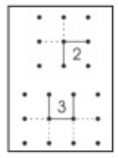
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

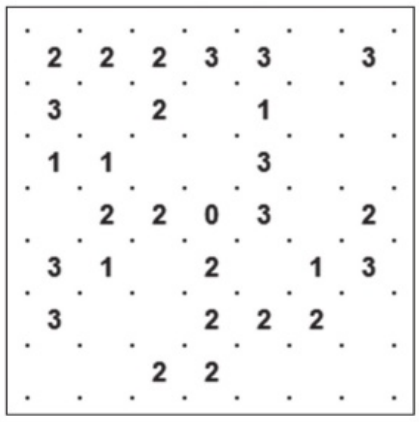


(Fig B) Not Allowed

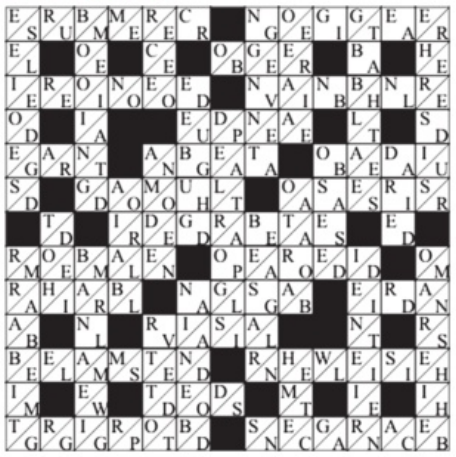
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



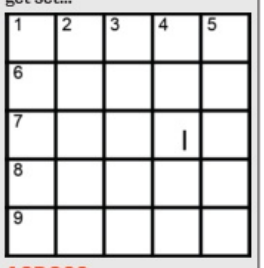
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

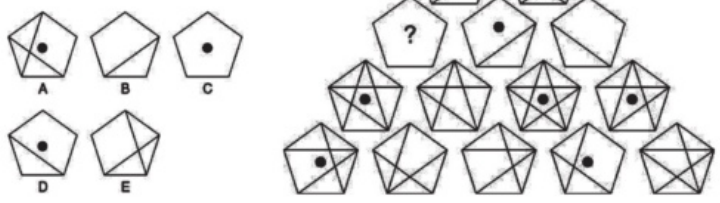
1 Sir BC; 6 Siren;
7 Oasis; 8 CK Hun;
9 Gees I

DOWN

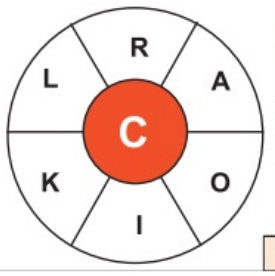
1 Or CCs; 2 Irish;
3 Is use; 4 Begin;
5 Skean

Mensapuzzle

Which is missing?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

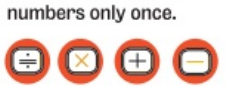
SudokuChallenge

		2					7	
	4		9					3
6	1					2		
3				6	1		9	4
			5		7			
2	7		3	4				6
		1					6	7
5					3		4	
	2					1		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 17

2 3 3 9

Medium = 58

6 7 7 9

Hard = 23

2 3 5 2

Hocusfocus

Find at least six differences in details between panels.

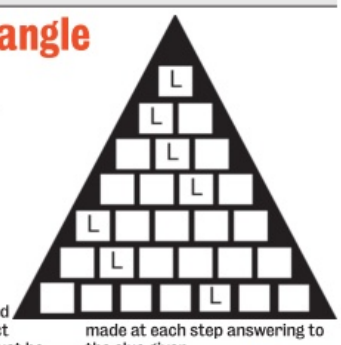
Differences: 1. Dryer hood opening is different. 2. Back of chair is different. 3. Necklace is different. 4. Tray is larger. 5. Hair band is missing. 6. Mirror is smaller.

Riddler

Starting with I, add a letter and shuffle to make a new word each time and continue until you reach SPANIEL.

Alpha triangle

1 XXV + XXV
2 'Behold!'
3 In need of repair
4 Precious metal
5 File a complaint
6 Shone
7 Snarled



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

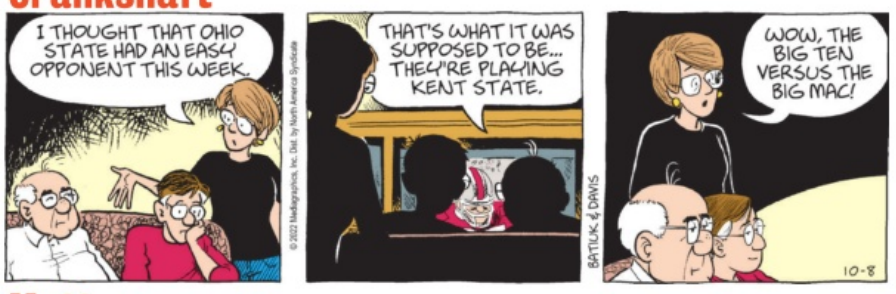
Bizarrotrip

Diamond Lil

Hart of the city

HOUSEWARES
OOH, NICE GLASS VASE!
HANDS TO YOURSELF, HEART. YOU BREAK IT, YOU BUY IT.
THAT'S WHEN IT HIT ME LIKE A TON OF BRICKS.
OF COURSE!!
GLAD YOU AGREE.
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@GOCOMICS.COM/HEARTOFTHECITY

Crankshaft


I THOUGHT THAT OHIO STATE HAD AN EASY OPPONENT THIS WEEK.
THAT'S WHAT IT WAS SUPPOSED TO BE... THEY'RE PLAYING KENT STATE.
WOW, THE BIG TEN VERSUS THE BIG MAC!
BATIUK & DAVIS
10-8

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may resolve many problems with the help of your way of speaking. You may also plan for doing some higher studies to enhance your skills, which may be beneficial for your career in near future. Love birds may enjoy their romantic moments. You may be able to control your opponents and rivals. You may also plan for a house or vehicle loan.

Taurus Apr 21 – May 20
Today you may be busy with your kids' education. You may be likely to travel for a kid's education. You may also plan for a change in your current job, you may also plan for higher education to enhance your career. You may also hear some good news in terms of job interviews. Love birds may enjoy their happy moments

Gemini May 21 – Jun 21
Today you may likely have a change in your place or position. You are advised to read any document carefully before signature. You are advised to be careful in terms of parent's health. Investments in risky assets may lead to losses, so it is suggested to postpone making investment for some days.

Cancer Jun 22 – July 23
Today you are blessed by the moon, you may be energetic. You may make fast decisions in terms of your business. Your subordinates may help you to complete your project before time, which may increase trust in the environment. Disputes with the siblings may be resolved now. Natives who are in a job may get some incentives in terms of promotions.

Leo Jul 24 – Aug 23
Today you may control your straightforwardness, it may affect terms with the people around you. You may plan to renovate your house, you may also spend on buying some artefacts for home. You may likely enjoy some social event, which may increase your network. You may also invest some capital in your family business.

Virgo Aug 24 – Sep 23
Today you may be blessed by the moon. After a sound sleep, you may feel healthy, you may enjoy your every moment. Moon will make you confident, which may reflect into your way of working. Old health issues may be resolved now. You may be likely to help some needy person, which may increase your respect around you.

Libra Sep 24 – Oct 22
Today you may feel unhappiness, you may feel dull and unhealthy, it affects your way of working. There may be some delay in your current projects to be completed which may lead to arrogance in the nature. It is advised to avoid adventure tours or rush driving. Love birds may break up.

Scorpio Oct 23 – Nov 22
Today you may likely get some big orders, which may increase your business. With the help of some influential person, you may likely get benefits at work. You may also expect promotions. Job seekers may get suitable jobs. You may likely plan to renovate your house or office, which will enhance your status. You may enjoy your romantic moments with your loved one.

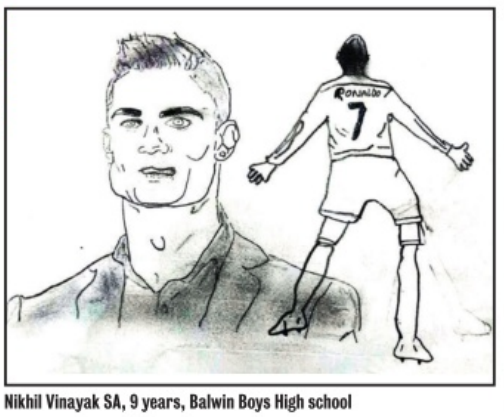
Sagittarius Nov 23 – Dec 22
Today you may be busy at work, overload in the work may make you tired mentally. You may not be able to enjoy some family event or you may be reached very late, which can affect your domestic harmony. Your efficiency may be praised by your seniors, which may lead towards promotion in the current job.

Capricorn Dec 23 – Jan 20
Today you are blessed by elders. Last few days' crunch may be resolved now, destiny may help you. Your stopped projects may likely start automatically. Money which was stuck, may likely be recovered. You may also plan for a religious trip with the family members, which may increase your inner strength. You may get a chance for an overseas trip or long distance travel also.

Aquarius Jan 21 – Feb 19
Today you may be affected by a negative moon, which may make you upset and arrogant. You may be ready for sudden and unexpected changes in the day today routine. Your profits may be converted into losses, so it is advised to postpone making investments for a few days. You may be under a self-exploration stage, which may lead you towards the reality of life.

Pisces Feb 20 – Mar 20
Today you are blessed by the moon. Money which was stuck may be recovered now, which may increase financial health. You may be in a prime position in your office in terms of leading a project. You may likely get incentives in terms of promotions. Understanding with the spouse may likely be improved, which may create domestic harmony.

KIDZONE



Nikhil Vinayak SA, 9 years, Balwin Boys High school

M Bindhu Samiksha, 13 Years, MEC Pubic School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
2+3+4=9
3+4+9=16
4+9+16=29
9+16+29=54
16+29+54=99

RIDDLER One solution is: I, IN, NIL, NAIL, ALIEN, SALINE, SPANIEL.

QUOTE UNCODE
For ultimately, the only way to win wars, is to prevent them occurring in the first place.

BULL'S EYE
AIRLOCK, cloak, coal, coil, coral, cork, croak, lack, lick, lock, rack, rock

FAST FIVE

C	R	I	B	S
O	S	S	I	A
R	I	S	E	N
C	H	U	N	K
S	I	E	G	E

STRIKE OUT

T	R	I	P	O	D	S	C	A	R	C	E			

QUICK

														T

MENSA PUZZLE
C: the contents of each pentagon are determined by the contents of two pentagons immediately below it. Lines and dots are carried forward when a line or dot appears in the same position, except when a line connects two pentagons, in which case they are cancelled out.

SUDOKU

4	2	7	6	8	9	1	3	5
5	9	6	1	7	3	8	4	2
8	3	1	4	2	5	9	6	7
2	7	9	3	4	8	5	1	6
1	6	4	5	9	7	3	2	8
3	8	5	2	6	1	7	9	4
6	1	3	7	5	4	2	8	9
7	4	8	9	1	2	6	5	3
9	5	2	8	3	6	4	7	1

ALPHA TRIANGLE
L, O, Old, Gold, Lodge, Glowed, Growled.

GO FIGURE
Easy
5 + 2 + 9 + 3 = 17
Medium
6 x 7 + 7 + 9 = 58
Hard
2 + 3 x 5 − 2 = 23

LOOP

KAKURO

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 # Sorry for what Jaws did to sharks
Film-maker Steven Spielberg has said he regrets the 'decimation of the shark population' after the success of his 1975 film 'Jaws'

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Entertainment Industry Promotion

How does she do it!

Hayek admits lap dance in 'Magic Mike' was 'physically challenging'

Salma Hayek has admitted that her lap dance scenes with Channing Tatum in the new 'Magic Mike' film - 'Magic Mike's Last Dance' - were "physically challenging".

The actress, 56, was tasked with performing the racy act on the 42-year-old for an eye-catching scene on the third instalment of the movie franchise, reports 'The Mirror'.

Her efforts are seen in the latest trailer for the film, which dropped last month, and she's now opened up on how hard it was to perform. And now, she's revealed just how hard the scene - which is sure to set viewers' pulses racing when it hits the big screen next year - was to nail.

Speaking to Entertainment Tonight, the Oscar-nominated star said: "It's very physically challenging. My goodness. You just wait to see. It's complicated."

According to The Mirror, Salma joined the cast for the latest filming following Thandiwe Newton dropping out. Discussing her role, she explained she's set to play a "strong woman".

She jokingly continued: "You know what was my day going into the office? I would just sit around and watch, like, 12 men, semi-naked dancing and doing pirouettes. And I got to boss them around."

Her comments come months after she had gushed over the acting skills of co-star Channing Tatum. Speaking to People magazine in August, she praised the hunk's improved skills, saying: "If you thought he could dance (before), you are going to realise you haven't seen anything. His dance skills - he just got better." **–IANS**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Shot on the razor's edge

Vishal is all set for the release of his latest Tamil movie Laththi that will be released in Kannada, Telugu, Malayalam, and Hindi. During the shooting, Vishal took many risks and is said to have been injured. "I was shooting for 141 days in all and got 119 stitches during the shoot," says Vishal.

At a multi-storied building under construction, Vishal suffered hand injuries in a scene where a goon hits him with a stone. "I did not notice the nails and rough surface of the floor," Vishal said.

When asked whether it is necessary to take such risks, Vishal said he took maximum risk as the story is very interesting. Laththi is about a police constable. "Stunt master Peter Hein had taken all precautions for the climax scene. I refused to use a double in the scene where I jumped from a building. A little carelessness about safety measures led to a major injury in my leg," he said.

The actor is known for lending a helping hand to bright students from economically weaker families. "Come June, 15 of my sisters (girl students) will be joining reputed educational institutions to pursue higher studies," the actor. He also plans to help farmers by donating one rupee from each ticket of Lathithi that is sold.

Weekend vibes

Bollywood actor Shraddha Kapoor, on Sunday, shared a smiley picture from her lazy weekend vibe.

Taking to Instagram. Shraddha dropped a series of pictures, along with a caption, "Aaj haq se kuch nahi karenge."

In the pictures, the actor was seen relaxing on a bed and posing for a selfie with her beautiful smile.

She was seen in a comfy outfit while donning a blue t-shirt and pyjama.

As soon as the pictures were posted, the actor's fans and industry friends chimed in the comment section.

Meawhile Alia Bhatt, too on Sunday, dropped an adorable sunkissed selfie.

Taking to Instagram, Alia shared the pictures on her stories which she captioned, "Time to trouble you with another one of my sunshine selfies. Happy Sunday."

In the picture, Alia could be seen in a no-makeup look, lying on her bed.

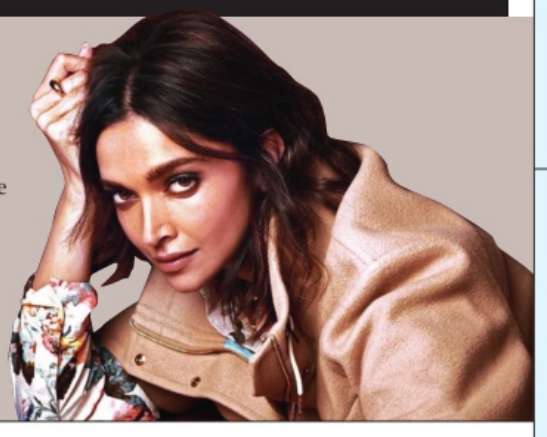
The 'Brahmastra' couple Alia Bhatt and Ranbir Kapoor welcomed a baby girl, Raha, on November 6.

–Agencies

DP in Qatar

Deepika Padukone is in Qatar for the FIFA World Cup finals! The actor flew down to Qatar on Saturday to unveil the FIFA World Cup trophy at the jam-packed Lusail Iconic Stadium.

On Sunday morning, Deepika teased her fans with a sneak peek of the Trophy trunk book by Louis Vuitton - a brand that has custom-made the trophy trunk for the world cup. Deepika is the global ambassador of the brand. **–ANI**



Sara can have the cake and eat it too

Actress shares picture of wrap-up cake after wrapping shooting of her upcoming film

Bollywood actress Sara Ali Khan has been busy juggling between shoots and projects. The actress has recently wrapped shooting 'Ae Watan Mere Watan', which is also the third film in this year alone. Earlier this year, she wrapped Laxman Utekar untitled next, co-starring Vicky Kaushal and Gaslight with Vikrant Massey.

Taking to her social media, Sara kept her fans updated as she shot a late-night schedule for Ae Watan, Mere Watan after her fashion show, eventually wrapping in the morning by 10:44 am. She shared another photo after the wrap, with her team.

Sharing a picture of the wrap-up cake which wrote, "It's a wrap, Tune-in-to 42.34m". With this Sara mentioned in the caption - "AE WATAN MERE WATAN".

What made Praanya cry

Anyone who has watched 777 Charlie cannot forget the innocent girl character played by Praanya P Rao. Now, she will play a physically-challenged character in the forthcoming bilingual (Kannada and Telugu) movie Once Upon a Time in Jamaligudda.

On the leech biting incident during the shooting of the movie, Praanya said she was sitting in a car with Daali Dhananjay and Yash Shetty when saw that her foot was bleeding.

"I began crying when I saw that. Dhananjay sir told me that it was the leeches and he assured me that it is not going to cause me any harm but I got frightened when I saw blood," said Praanya.

The other issue was adverse weather. "It was difficult due to the extreme cold and mist. It made me take three days leave from the shoot as I was not well," she said.